

# Stoplifting

**Stoplifting** sessions run three times a year:

Sessions generally start in the months of:

**January**

**May**

**September**

Each session is five weeks long. Groups are held on Tuesday and Thursday evenings, 5pm to 7pm.

*Call (780) 784-2205 to make an intake appointment.*

*“It shows me more options to deal with my emotions”.*

*“It’s the best program I have ever seen”.*

– Stoplifting Group Participants

***The Elizabeth Fry Society of Edmonton** is a community based agency which supports respects and empowers all women and girls, and works with other agencies to increase public awareness about the criminal legal system in Canada.*



*Elizabeth Fry Society*  
of Edmonton

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# Stoplifting

*~ A program for adult women to help them stop shoplifting*

*Elizabeth Fry Society*  
of Edmonton

*“I have learned so much about myself and why I committed the crime of shoplifting”.*

*“Nobody has ever demonstrated to me what I have learned here at EFry”. - Stoplifting Group Participants*

**The Elizabeth Fry Society of Edmonton** is a community based agency which supports, respects and empowers all women and girls, and works with other agencies to increase public awareness about the criminal legal system in Canada.

The Elizabeth Fry Society of Edmonton fosters the dignity and worth of all women and girls who are or are at risk of becoming criminalized.

**The Stoplifting Program** brings together women who have a problem with shoplifting, fraud, and/or theft and helps them to gain control of their situation – and to stop.

**If you are a woman who has shoplifted or committed fraud/theft and wants to stop, the Elizabeth Fry Society can help!**



***Am I the only one?***

No, shoplifting has become a very common occurrence in Canada. Shoplifting is largely a women’s crime. Many women find themselves struggling to stop shoplifting.

***Why do women shoplift?***

The answer is different for every woman, but some of the reasons include financial problems, unresolved anger, emotional stress, lack of excitement and fulfillment in their lives, and a desire to get help without knowing where to turn.

***What will ‘Stoplifting’ do for me?***

‘Stoplifting’ will help you understand what you are feeling before and after you shoplift. It will help you understand what needs shoplifting meets for you and how to meet those needs without shoplifting. It will help you set realistic goals and make plans to replace shoplifting with a healthier way of living. It will introduce you to women who have the same problem you do and help you see that you are not alone.

***Does it work?***

Yes. ‘Stoplifting’ is a very effective program, but it will only work for you if you work for it. How long is the program?

The groups run for ten weeks, one 2 hour session each week.

***Do I have to be on probation?***

No. all you need to do is call the Elizabeth Fry Society office and set up an intake interview. A probation officer, counselor or lawyer can also refer you.

***Can I get help with court?***

Yes. If you have upcoming court appearances, a ‘Stoplifting’ facilitator can attend with you and provide letter of support. If you complete the Program, you will receive a certificate which you may use in court.

***What if I can’t make it to the groups?***

Individual one-on-one support sessions available, but space is very limited.